

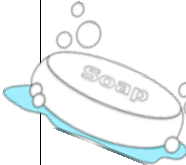













**CITY OF GULFPORT
EMPLOYEE HEALTH CLINIC**
Appointment Line: 863-6760
M-F 7:30-4:30 (Closed 12-1 Lunch)
3310 17th Street
Gulfport, MS

December 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 National Hand Washing Week Dec. 1-7 for more info go to: www.henrythehand.com	3 DID YOU KNOW? Frequent hand washing is one of the best ways to avoid getting sick and spreading illness?	4 WASH YOUR HANDS  DON'T PASS IT ON	5 WHEN TO WASH YOUR HANDS: -When handling food -Before eating -After using the bathroom -After sneezing, coughing or blowing your nose...	6 ...-After touching an animal, a sick person, & contaminated surfaces -After changing diapers -When your hands are dirty!	7 
8	9 BEAT the Flu BUG  Get your shot!	10 It's Flu Shot Season If you have signed up for a flu shot, call to schedule an appointment to get your shot soon	11 Antibiotics do not work on a cold or the flu because they are caused by viruses, not bacteria. Taking an antibiotic unnecessarily can cause antibiotic resistance	12 KNOW THE FLU 	13 Sneezing or coughing into your arm or a tissue, instead of your hands, reduces the chance of spreading germs	
15 	16 To Prevent Illness Keep your hands away from your mouth, eyes or nose where germs and viruses can enter your body	17 Cold and Flu Season is our busiest time of year— Appointments are strongly encouraged REMEMBER: Walk-ins are by availability only!	18 Adequate liquids, nutrition, & bed rest are necessary for a rapid recovery from a cold or the flu	19 -Cover coughs & sneezes -Wash hands -Stay home if sick 	20 Did you know? Stress is a contributing factor to illness, especially during the holidays. Try to keep stress levels down with regular sleep, meals & exercise schedules	21  STRESS!
22 	23 Need a great gift idea? Consider healthy holiday gifts like yoga lessons, a gym membership, a pedometer or a health journal	24  'Twas the Night before Christmas ...	25 Merry Christmas  CLINIC CLOSED	26 If you can't wash your hands with soap & water, an alcohol based hand sanitizer will also kill germs. Pick up your FREE sample at the clinic today	27 BE SAFE!!! Remember, don't drink and drive this holiday season	28 
29	30 Make your New Year's Resolution a Healthy One! Call the clinic to make an appointment for your annual physical	31 	December is Cold and Flu Prevention and Hand Washing Awareness Month 